

# Gazpacho

## Ingredients:

- ♣ 8 large tomatoes
- ♣ 1 large cucumber, peeled, seeded and finely diced
- ♣ 1 large green bell pepper, finely chopped
- ♣ 1 medium-size red onion, minced
- ♣ 3 Tbsp red wine vinegar
- ♣ 1 Tbsp olive oil
- ♣ 3 Tbsp lemon juice
- ♣ 2-1/2 Tbsp chopped fresh parsley or 2 tsp dried basil
- ♣ Salt and fresh ground pepper to taste
- ♣ Tabasco sauce to taste

**Preparation Time:** 2 hours

## Directions:

To peel the tomatoes, submerge them in boiling water for 15 seconds. Place into a colander and rinse under cold water. The skins should slip right off. Core the tomatoes and gently squeeze out the seeds. Coarsely chop half of the tomatoes and puree the other half in a food processor. Combine the puree and chopped tomatoes in a large mixing bowl. Blend the remaining ingredients with the tomatoes. Cover and refrigerate for several hours before serving. Serve chilled; garnish with herbed croutons if desired.

**Serves:** 6 people

**Cups of Fruits and Vegetables Per Person:** 2.0

## Nutrition:

Nutrition Facts	
Gazpacho	
Serving Size 1/6 recipe	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 25
%	
	% Daily Value (DV)*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 3g	
Vitamin A	
	45%
Vitamin C	
	100%
Calcium	
	4%
Iron	
	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

## Diabetic Exchange\*\*

Fruit: 0  
Vegetables: 2  
Meat: 0  
Milk: 0  
Fat: 0  
Carbs: 0  
Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.